

CBE LESSON NOTES

CHRISTIAN RELIGIOUS EDUCATION

GRADE 4 NOTES

COMPILED BY SCHOOLS NET KENYA



CREATION SELF AWARENESS Made in the image and likeness of God

My name makes me unique Psalms 139:13 & Genesis 1:27

- God created us in his image and likeness.
- We all have a name.
- God has written our name on the palms of his hand.
- People call us by our name.
- Our names make us different from other people.
- Our names are unique.
- Our names also make us special.
- I am special because god created me in his image. He also knows my name.

I am unique and special to god Psalms 139:13 & Genesis 1:27

- We all have things that make us different from others.
- God created both male and female to look like himself.
- God created us in his image and likeness.
- Although we may look different from each other, we all look like God.
- God created all parts of our bodies.
- He created us before we were born. ☐ We are special to God
- He loves us the way we are.
- We should love ourselves and thank God for creating us.
- We should love and respect, even when they look different from us.

OUR THOUGHTS AND FEELINGS Good thoughts and feelings

Philippians 4:4 & Ephesians 4:26

- We all have thoughts and feelings.
- We should try to always have good thoughts and feelings.
- Bad thoughts make us to have bad feelings.
- When we have bad feelings, we can do things that hurt others or ourselves.
- When we feel bad, we should do things that make us feel good.
- Good thoughts make us have good feelings.
- Good thoughts make us do good things.
- These include
 1. loving others
 2. sharing items with others
 3. being kind to others
 4. helping those in need
 5. helping our parents

6. respecting our elders

- Good thoughts make us feel good about ourselves and others.
- When we face difficulties that make us have bad thoughts, we should pray to God.
- He will give us peace and joy.
- We should rejoice in the lord because god can solve our problems.

COPING WITH EMOTIONS Philippians 4:4 & Ephesians 4:26

- We cope with our emotions by doing things that make us happy.
- These things include
 - a. Reading an interesting storybooks
 - b. Playing with our friends
 - c. Telling someone we trust about our feelings
 - d. Listening to favourite songs or playing a game we enjoy
 - e. Forgiving those who wrong us.
- Anger can make us commit sin
- When we are angry, we should not let our anger make us do evil or bad things.
- We should not be angry at others for a long time.
- We should talk and make peace with them before the day ends ☐ If other people do things that make us angry we should forgive them.
- We should not make them angry as well
- When we forgive those who wrong us, we fell happy.
- We also feel at peace with ourselves and with others.

MAKING CHOICES Right and wrong choices Philippians 4:4 & Ephesians 4:26

- A **choice** is something we decide to do.
- Making choice means deciding to do one thing instead of another.
- We make choices all the tie.
- We choose what to wear, what to say, what to eat, what to do and who to play with.
- Some choices we make are right while some are wrong.
- **Right choice** makes us happy. They also make God and people happy.
- They are choices that show obedience to the word of God.
- Right choices include
 - a. Obeying our parents and teachers
 - b. Sharing with others
 - c. Helping others

- d. Forgiving those who wrong us
 - e. Respecting others
- **Wrong choice** hurt us. They make us suffer.
- They also make other people unhappy.
- Wrong choices include
 - a. Not telling the truth
 - b. Disobeying our elders
 - c. Not doing homework
 - d. Stealing
 - e. Abusing others
 - f. Beating others
 - g. Gossiping

EFFECTS OF OUR CHOICES Philippians 4:4 & Ephesians 4:26

- When we make right choices we become responsible.
- Other people begin to trust us.
- God wants us to make right choices in our lives.
- When we make wrong choices, we feel bad and may hurt others.
- We may also be punished.
- We make God unhappy when we make wrong choices.

MY FAMILY Ephesians 6:1-3

- A family is a group of people related to each other.

Family members Members of the nuclear family

- Nuclear families are father, mother and children.
- Father and mother are our parents.

Members of the extended family

- Nuclear family and their relatives form an extended family.
- Our relatives are all people in the families of our parents and their children.
- Our relatives include our great grandparents, grandparents, our uncles, our aunts and our cousins.

The family tree Ephesians 6:1-3

- Members of a family can be arranged on a family tree.
- A family tree shows the members of a nuclear family and members of their extended family.
- A family tree shows how members of a family are related.
- It shows members of a family starting from the eldest to the youngest.
- A family tree helps us to understand how we are related to other members of our family.

Respecting family members Ephesians 6:1-3

- We should tell our family members the truth.
- We should also listen to them when they speak to us.
- When we respect our family members, we live together in peace and unity.
- We also love each other and care for each other. ☐ This makes everyone in the family happy.
- The bible tells that obeying our parents is one of God's commandments. ☐ God wants us to obey our parents.
- God promises us if we respect our parents, we will live happily.
- He also promises that we will live for a long time.

FAMILY RELATIONSHIPS Protecting myself from sexual abuse

- Sexual abuse is any sexual activity that you do not agree to.

Sexual misuse practices

- Fornication – sexual intercourse among unmarried people e.g. a school boy and school girl.
- Incest – sex among closely related family members
- Homosexuality – sex between man and man or boy and man or boy and boy.
- Adultery – sex out of marriage.
- Bestiality – sex between man and animals.
- Prostitution – providing sex for money and other material gain.
- Rape/defilement – sexual harassment

The story of Amnon and Tamar 2 Samuel 13:4-14

- Amnon, He was king David's son.

- Amnon, committed incest when he slept with his half sister, Tamar.
- Amnon loved his half sister, Tamar. He became ill because he knew he could not be with her.
- Tamar was a virgin and was not allowed to be with boys or men.
- Amnon's cousin, Jonadab, advised Amnon to pretend that he was sick.
- He would then ask his father, King David, to send Tamar to his house to prepare some food and feed him.
- Tamar went to Amnon's house and baked some cakes.
- She went to Amnon's room to feed him.
- Amnon asked her to send everyone out of the house.
- Amnon and Tamar were left alone.
- Amnon could not control his desire to sleep with Tamar.
- He asked her to sleep with him but she refused. ☹ Amnon forced Tamar into bed and raped her.
- Tamar's brother was Absalom.
- Absalom avenged by killing Amnon.

Lessons we learn from the story of Amnon and Tamar

- Rape is an evil. It is a type of sexual abuse. It is a sexual sin.
- We should be careful when left alone with people of the opposite sex.
- We should control our emotions so that we do not end up doing bad things to others.
- If someone tells us to do something wrong, we should not end up doing it.
- We should always protect ourselves from sexual abuse.
- It is wrong for people to touch us inappropriately.
- Sexual abuse can harm our bodies and hurt our feelings.

We can protect ourselves from sexual abuse by

- Not walking alone in strange or unsafe places
- Not going into a lonely room with someone of the opposite sex ☹
Shouting for help if we are touched in a manner that is not proper.
- Not accepting gifts from strangers
- Not meeting people of the opposite sex alone.

My body is the temple of the Holy Spirit

1 Corinthians 6:19

- We should keep our bodies holy.

- To touch someone inappropriately is to touch someone in a way that is not proper.
- Touching people inappropriately is a form of sexual abuse.
- When touch inappropriately we should report to someone we trust.
- We should trust people who always protect us from danger.
- Some of these people are
 - a. Our parents or guardians
 - b. Our teachers in school
 - c. Police officer
 - d. The chief and other leaders
 - e. Church leaders like pastor, priest

Attributes of God

- God has certain characteristics
- Attributes of God are the qualities or characteristics of God.
- Attribute of God help us to understand God's nature and respect Him.
- These attributes include
 - a. God is the sole creator
He created heaven and earth and everything in it
 - b. God is loving
God love everything he created
 - c. God is holy
God does not sin. He wants us to live a holy life
 - d. God is omnipresent (everywhere)
 - e. God is powerful (Omni-potent)

THE HOLY BIBLE Respect for the holy bible Handling the bible with respect Isaiah 49:16

- Bible is the word of God ☐ Bible is a holy book.
- This is because God guided and inspired the people who wrote the bible
- We should take good care of the bible we should carry it well and keep it safely in our bags or on a bookshelf.
- We should not fold the pages of the bible.
- We should also not tear the pages of the bible.

Books of the Old Testament

- There are 39 books in the Old Testament.
 - The books of the old testament teach us to obey God's commandments ☐ These are rules that guide us to live peacefully with others.
 - They also teach us what to do t make God happy.
1. Genesis - Genesis means origin or beginning
 2. Exodus - Exodus means coming out or departure
 3. Leviticus- Leviticus explains rules and regulation of priests
 4. Numbers - Numbers means census 5. Deuteronomy
- ☐ They were written by Moses

BOOK	WRITER
6. Joshua	Joshua
7. Judges	Samuel
8. Ruth	Samuel
9. 1 Samuel	Samuel, Gad, Nathan
10. 2 Samuel	Gad and Nathan
11. 1 kings	Jeremiah
12. 2 kings	Jeremiah
13. 1 Chronicles	Ezra
14. 2 Chronicles	Ezra
15. Ezra	Ezra
16. Nehemiah	Nehemiah

17. Esther	Mordecai
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18. Job	Moses
19. Psalms	David
20. Proverbs	Solomon
21. Ecclesiastes	Solomon
22. Song of Solomon	Solomon

23. Isaiah	Isaiah
24. Jeremiah	Jeremiah
25. Lamentation	Jeremiah
26. Ezekiel	Ezekiel
27. Daniel	Daniel

28. Hosea	Hosea
29. Joel	Joel
30. Amos	Amos
31. Obadiah	Obadiah
32. Jonah	Jonah
33. Micah	Micah
34. Nahum	Nahum
35. Habakkuk	Habakkuk
36. Zephaniah	Zephaniah
37. Haggai	Haggai
38. Zechariah	Zechariah
39. Malachi	Malachi

Books of the New Testament

- There are 27 books in the New Testament
- The books of the New Testament guide us to know about Jesus Christ and his teachings and God's love for us.
- They teach us about God's promises. ☞ We should read the bible always.
- The bible guides us in our lives

NEW TESTAMENT

<u>BOOK</u>	<u>WRITER</u>
1. Matthew	Matthew
2. Mark	Mark
3. Luke	Luke
4. John	John

5. Acts of apostle

The writer of acts of apostle was Luke.

Below books are letters written by Paul when he was in prison

6. Romans
7. 1 Corinthians
8. 2 Corinthians
9. Galatians
10. Ephesians
11. Philippians
12. Colossians
13. 1 Thessalonians
14. 2 Thessalonians
15. 1 timothy
16. 2 Timothy
17. Titus
18. Philemon

Book	Writer
19. Hebrews	Unknown
20. James	James the brother of Jesus
21. 1 peter	Apostle peter
22. 2 peter	Apostle peter
23. 1 john	John
24. 2 john	John

25. 3 john	john
26. Jude	Jude the brother of Jesus

27. **Revelation** is the last book of the bible and the New Testament.

☐ It was written by John after having a vision on Patmos Island.

BIBLE STORIES Zacchaeus the tax collector Luke 19:2-10

- Zacchaeus was a wealthy chief tax collector.
- He got some of his wealth through unfair means.
- One day Jesus was passing by and a big crowd of people followed Him.
- Zacchaeus could not see Jesus because he was short and the crowd was big.
- He climbed a tree so that he could see Jesus from the crowd.
- When Jesus got to that tree, he stopped and asked Zacchaeus to climb down the tree.
- He said he would stay at Zacchaeus house that day.
- Zacchaeus welcomed Jesus to his house. However the people in the crowd were not happy.
- They did not want Jesus to visit Zacchaeus because Zacchaeus was a sinner.
- Zacchaeus told Jesus that he would give half of his wealth to the poor.
- He promised to give back 4 times more of what he took from other people unfairly.
- Jesus was happy that Zacchaeus repented and chose to stop treating others unfairly. ☐ Jesus told the people that he came to save those who were lost like Zacchaeus.

Lessons we learn from the story of Zacchaeus Luke 19:2-10

- Jesus knows our names. He called Zacchaeus by his name.
- Jesus loves us, even when we are sinners.
- Jesus came to forgive our sins and to save sinners.
- Jesus wants us to repent and treat others fairly.
- We should use proper ways to earn money.
- We should always do things that please God.

Reasons why it is important to repent our sins

Luke 19:2-10

Jesus has no sin.

- We should repent our sins and ask for forgiveness from God and those whom we wrong.
- We should try to live holy lives, just like Jesus.
- We should treat others fairly.
- We should not use unfair means to get money from others.
- We should use money wisely by helping others.

Balaam's donkey Numbers 22:1-6, 20-34

- King Balak of the Moabite wanted Balaam to curse Israelites.
- The Moabites could then defeat the Israelites and chase them from their land.
- God did not want Balaam to go.
- While on his way to see the king, God sent his angel to block Balaam.
- Balaam's donkey saw the angel holding a sword.
- It jumped off the road and went into the fields.
- Balaam beat his donkey and brought it back on the road.
- Then the angel went ahead and stood where the road was narrow between two vineyards with stone walls.
- The donkey saw the angel. It moved against one of the stone walls, pressing Balaam's foot against the wall. Again Balaam beat his donkey.
- Then the angel went ahead again and stood in a narrow place where there was no space for Balaam to pass.
- The donkey saw the angel. It lay down on the road.
- Balaam beat his donkey again.
- Then God enabled the donkey to talk.
- It asked Balaam why he had beaten it 3 times.
- Balaam said because the donkey had made a fool of him.
- The donkey asked whether it had disobeyed him before and balaam said no.
- That was when God enabled Balaam to see the angel.
- The angel said he was blocking Balaam from going to see king Bakak.
- He told Balaam that those 3 times the donkey had seen the angel's sword and turn aside to protect Balaam from harm.
- Balaam admitted that he had disobeyed god.
- He asked the angel to guide him on what to do.

Lessons we learn from the story of Balaam's donkey.

Numbers 22:1-6, 20-34

- God can use anything to pass His message to us. He used Balaam's donkey and the angel to pass His message to Balaam.
- We should obey God and do what He tells to do.
- God punishes those who disobey Him.
- God blesses and protect His people from harm.
- We should love and speak well of them.
- We should also not curse others.

Results of disobedience Numbers 22:1-6, 20-34

- It is wrong to disobey God, our parents and those in authority.
- God wants us to speak well of others.
- We should not say bad things about others.
- We should also not curse others.
- If we curse others or speak ill of them, we disobey God.
- God will punish us if we disobey Him.
- If we disobey authority at home, at school and in the country we will be punished.
- We should always obey God's word and respect rules at school and in the country. ☐ When we obey rules, we live peacefully with others.

Samson kills a lion Judges 14: 5- 9

- Samson was in the vineyards with his parents when he heard a lion roaring.
- God filled him with His power and Samson became strong.
- Samson fought the lion and killed it with his bare hands.
- He did not tell anyone of what he had done.
- Days later, Samson went to look at the lion he had killed.
- He found many bees and honey inside the dead body of the lion.
- Samson took some honey and ate it.
- He also took some of the honey home to his parents.
- He did not tell his parents where the honey came from.

Lessons we learn from Samson kills a lion Judges 14: 5- 9

- God is powerful. He gives us strength to face difficulties.

- God can turn our difficulties into blessings. Samson got honey from the lion.
- We should trust in God and have faith in Him when we are in trouble.
 - ☐ We should be courageous even in times of difficulties.

Joseph interprets dreams

Genesis 41:14-24, 28-30

- Many people dream when they are asleep. Even Pharaoh, the king of Egypt had dreams.
- The king, Pharaoh had a dream.
 1. He dreamt that while he was standing on the bank of river Nile, he saw seven fat cows and seven thin cows coming out of the river. The thin cows ate up the fat cows but they remained thin.
 2. Pharaoh also dreamt that he saw 7 ears of thin scorched corn on one stalk swallowing 7 ears of healthy ripe corn on another stalk. However, the thin corn remained thin.

The meaning of pharaoh's dream Genesis 41:14-24, 28-30

- Sometimes dreams help us to know about things that have already happened or will happen in the future.
- God helped Joseph interpret the king's dreams.
- Joseph told the king that God would give the people of Egypt 7 years of great harvest and plenty of food.
- After those 7 years of plenty, God would cause famine which would destroy every good thing in Egypt.

Lessons we learn from Joseph interpreting dreams Proverbs 1:7 & Genesis 41:14-24, 28-30

- God gives wisdom to understand many things.
- If we trust and depend on God's wisdom we learn about his plans.
- We should pray and ask God for wisdom to understand our dreams.
- God's wisdom will help us to plan for difficult times. ☐ God has given us different talents and abilities.

BIBLE PATRIARCHS

- Patriarchs were the founding fathers of Israel.
- They included Abraham, Isaac, Joseph, Judah, Moses and David.

ABRAHAM The call of Abraham Genesis 12:1-5

- God called Abraham and instructed him to leave his father's homeland.
- At that time Abraham name was Abram lived in Haran with his family and relatives.
- God instructed him to leave his home and the land of his ancestors.
- God told him to go to the land He would show Him.
- God made the following promises to Abram
 1. He would give Abram many descendants.
 2. The descendants of Abram would become a great nation
 3. He would bless Abram and make his name famous.
 4. He would bless those who blessed Abram
 5. He would curse those who cursed Abram.
 6. He would bless all the nations through him.
- Abraham obeyed God's instructions and left his country.
- He took his wife, Sarah, his nephew Lot, his slaves and all his wealth and left for the land of Canaan
- Abram was 75 years old.

God changes Abram's name to

Abraham Genesis 12:1-5

- Everyone has a name. Our name have different meanings.
- God made a covenant with Abram when he was 99 years old.
- God told abram to obey him and to always do what is right. In return, God promised to give Abram many descendants.
- God also promised Abram that he would be the ancestor of many nations.
- God change the name Abram to Abraham.

- This showed that God was n]making Abraham the ancestor of many nations.

Lessons we learn from the call of Abraham Genesis 12:1-5

- We should trust God's promises and His will in ourselves
- We should obey God's word and do what He instruct us to do. ? We should have faith in God and allow Him to lead us in our lives ? We should worship God and thank for blessing us.
- God blesses and protects those who obey His instructions.